

## SUGAR MAY BE CARDIAC CULPRIT

**S**ugar, not fat, is the main etiologic factor in atherosclerosis, according to England's noted nutritionist, Prof. John Yudkin of the University of London. Sugar consumption in the U.S. has increased by 120% in the past 70 years, he told the International College of Angiology in London. During the same period, fat consumption in-

creased by only 12%, and the ratio of polyunsaturated fats to saturated fats by 30%.

Although statistics from many countries have been cited to show a relationship between fat intake and mortality from heart disease, Dr. Yudkin holds that there is a clearer association with sugar intake.

"The relationship of heart disease with dietary fat is accidental. It comes about because the intake of fat and sugar are parallel, even in different countries," he declares. "Studies of the individual diets of a large number of men in Chicago showed no difference in total calories, total fat, and kinds of fat, between those developing and those not developing heart disease. The sugar intake was not measured, but there was one difference: The men developing coronary artery disease took more cups of coffee.

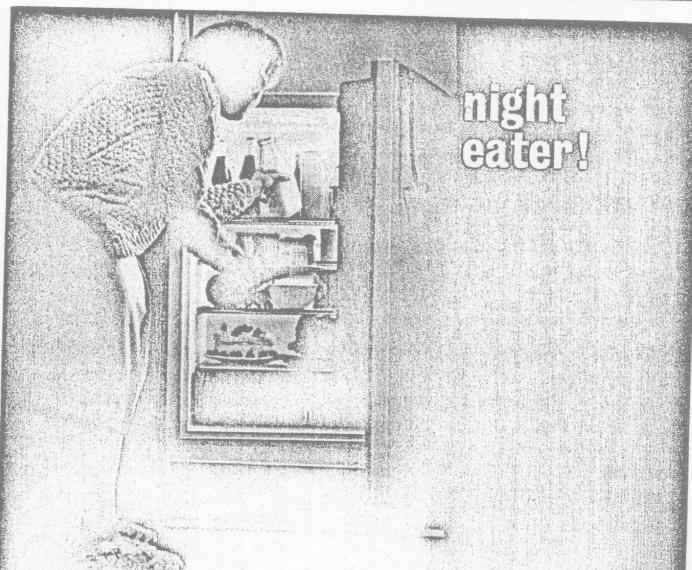
"In a retrospective study, we, too, found that men who had had one attack of myocardial infarction, and also men with peripheral vascular disease, had been drinking large amounts of tea with generous helpings of sugar in each cup." He estimates that the amount of sugar taken by those with occlusive arterial disease was twice as high as that taken by the controls.

### Sugar Specifically Cited

Professor Yudkin stresses that he refers to sugar in particular, not to carbohydrate in general. There is much evidence that the body does not utilize all forms of carbohydrate in the same way, he notes. For instance, experimental animals given sugar instead of starch as their dietary carbohydrate do not grow so well as those given other carbohydrates. "They have higher levels of blood lipids, including cholesterol, and the same is true in man. Sugar causes changes in the composition of the lipids in the adipose tissue, in the liver, and in the plasma." The diminished growth of the animals on sucrose diets is due not to lower intake of food but to less efficient metabolism.

The British physician points out that, in the context of evolution, man's precivilized diet provided the food that was good for him, but recent scientific achievements have made it possible to separate the palatability of food from its nutritional value.

"The major example of this," says Dr. Yudkin, "is the refining of sugar and the manufacture of a large and growing variety of virtually irresistible foods and drinks containing it." ■



### night eater!

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